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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Fruit and Veggies Month

(Sedgwick County, Kansas) – This month is “National Fruit & Veggies–More Matters” Month. The Sedgwick County Health Department is taking the opportunity to encourage parents to take charge of their family’s health. Including more fruits and vegetables in meals and snacks is a simple way families can help combat the childhood obesity epidemic.

“Through community education, the Sedgwick County Health Department tries to help parents find ways to meet their family’s daily requirements for fruit and vegetable intake, and show families that eating fruits and vegetables can be inexpensive and easy,” said Sedgwick County Health Department Director Claudia Blackburn.

Some simple techniques to consider when trying to include more fruits and veggies in your child’s diet:

- Pack children’s lunch boxes in creative ways.
- Use varied forms of fruits and veggies - fresh, frozen, canned, dried and 100% juice.
- Try new fruits and veggies; this month try chili peppers and figs, two foods you many not normally eat.
- Visit www.fruitsandveggiesmorematters.gov for unique fruit and veggie-filled recipes.

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- Grow your own. Invest a little in seeds and plants, and get a lot of fruit and vegetables in return. Try indoor pots for the cooler months.
- Shop local farmers markets. Visit www.sedgwickcounty.org/healthdept/wellness for a list of local sites.

To request a health educator to provide a group presentation regarding healthy eating or nutrition, contact the Sedgwick County Health Department's Health Promotion office at 316-660-7350. The Health Department also posts a monthly healthy recipe at www.sedgwickcounty.org. An archive of past recipes can also be found at that site.

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